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Today's Dietary Changes and Its Effects on Health

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Abstract :- Agadtantra is branch of Ayurveda

- In Ayurveda Virrudha aahara i.e. incompatible food is described in different Samhitas
- There are 18 factors which causes dietic incompatibility and side effects of virrudha aahara is described by charakacharya sutrasthana
- Diet is the greatest factor in life style
- But now a day's Modern diet and human health has under gone drastic changes in recent yrs
- Due to excess use of this junk food or fast food i.e. wafers, chips, colas, pizza, fermented food, processed food, fruits ripened with calcium carbide results is many incurable diseases
- Fertilizers contains toxic chemicals which is absorbed in to the plants and enter the food chain. Use of this vegetables affects health

Introduction :-

- Eat healthy and live healthy is one of the essential requirements for long life
- Human health :-
- A state of Complete physical, mental and social well-being when people are healthy, they are more efficient at work
- Regularly eating healthy food contributes to
- To sustained weight maintenance
- A better mood
- Increased energy levels
- People are addictive to junk food because it is easy to prepare, also it has great taste attractive packing and it available at low prizes
- Fruits are one of the best natural food usually consumed raw. Now a days fruits are deliberately being contaminated by chemicals causing serious health hazard
- Due to excess use of fertilizers, fertility of the soil gets reduce gradually, this is due to the toxic metals that fertilizers have

Aim and Objectives :-

Aim :- To Study dietary changes and its effects on health.

Objectives :- (1) To Study benefits of healthy eating.
(2) To Study side effects of junk foods on health.

Materials :-

- (1) Ayurvedic literature like Samhita.
- (2) Modern literature.
- (3) Journals, Previous articles.

Chart

Healthy Diet	Unhealthy diet (Junk foods)
(1) Foods that are low in fat, Saturated fat and cholesterol.	(1) Junk foods is a high Calorie or Calorie rich foods.
(2) High fiber foods, including whole grain foods, Vegetables and Fruits.	(2) Foods that lacks in Carbohydrates, Proteins, minerals and fiber.
(3) Foods that have moderate amount of Sugar and Salt.	(3) Foods that have high levels of refined Sugar.
(4) Calcium and iron rich foods.	(4) Foods that have high levels of White – flour, trans fat, Salt, polyunsaturated fat.

The total Value of junk food Consumed in India in 2003 was about Rs.41,000 Crore, of which, rural areas accounted for a little over Rs.22,000 Crore, as published in an article in news paper by Sudhanshu Ranade in ' Business Line ' on July 13th 2005.

Effects on health:-

Junk foods is a calorie rich foods which lacks in carbohydrates, proteins, vitamins, minerals and fiber, hence has poor nutritional value

- In junk food there are
 - High levels of refined sugar
 - White flour
 - Transfat
 - Polyunsaturated fat
 - Salt
 - Food additives
- Dense sugar content can cause dental cavities
- High fat content leads to obesity
- Junk food don't provide essential nutrients, hence it results in lack of energy
- Excessive salts can affect functioning of kidneys too
- Excess oils with spices results in Irritant to gastric mucosa
- Poor Concentration is another results of junk food
- Colors which are used in foods are carcinogenic and causes Asthma, rashes and hyperactivity
- High sodium level causes high blood pressure
- Calcium carbide is used for ripening fruits and it contains traces of arsenic and phosphorous hydride and it causes several adverse effects on health the early symptoms include weakness, vomiting, thirst, difficulty in swallowing, diarrhea with or without blood, ulcer, cough, shortness of breath, sleeplessness and other neurological problems
- Fertilizers conations toxic chemicals. Contaminated water by fertilizers may contains high levels of nitrates and nitrites, causes hemoglobin disorders
- Fertilizers contains heavy metals such as mercury, lead, cadmium and uranium, which cause disturbances in the kidneys, lungs and liver

Toxic chemicals	Symptoms
1. Ammonium Nitrate	Eye and Skin Irritation, Burning sensation, Irritation of Nose throat and lungs
2. Potassium Chloride	Affects heart functioning
3. Cadmium	It Enters the human tissues resulting in trachea- bronchitis, Pneumonitis, Pulmonary, Edema, Renal failure.

Conclusion :-

- Junk foods have Certainly Carved up the 'Third World' due to globalization.
- It is an integral part of life in the both developed and developing world and coming with it is a massive increase in Obesity and associated problems.
- The Key to eating these Junk foods is occasional Consumption, moderation and preferably in small portions.
- It is not impossible to win war with junk foods against healthy foods.
- It must be remembered that the addiction to junk is great for business.
- So it is all in our hands to choose fast foods or health

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